

STEP 1



STEP 2



## Standing Shoulder External Rotation with Resistance

REPS: 10 | SETS: 3 | WEEKLY: 3x | DAILY: 1x

### Setup

- Begin in a standing upright position holding both ends of a resistance band. Your elbows should be bent at 90 degrees with a towel roll tucked under each arm, and your thumbs pointing outward.

### Movement

- Slowly rotate your arms out to the side, then bring them back to the starting position and repeat.

### Tip

- Make sure to keep your hips and shoulders facing forward throughout the exercise. Think of squeezing your shoulder blades down and back as you pull your arms outward.

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## Standing Shoulder Single Arm PNF D2 Flexion with Resistance

REPS: 10 | SETS: 3 | WEEKLY: 3x | DAILY: 1x

### Setup

- Begin standing upright with one arm crossed in front of your body, thumb pointing down, holding a resistance band that is anchored by your other hand at your hip.

### Movement

- Diagonally raise your arm overhead across your body, turning your arm so your thumb points up. Slowly reverse the movement and repeat.

### Tip

- Make sure to keep your elbow straight. Do not shrug your shoulders or arch your low back during the exercise.

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STEP 3



STEP 4



## Dynamic Hug with Resistance

REPS: 10 | SETS: 3 | WEEKLY: 3x | DAILY: 1x

### Setup

- Begin standing upright with your arms slightly bent and raised to shoulder height, holding the ends of a resistance band that is wrapped around your mid back.

### Movement

- Reach forward with your arms as if hugging a beach ball, then slowly return to the starting position and repeat.

### Tip

- Make sure to maintain your balance. Do not shrug your shoulders or move your arms behind your body as you return to the starting position.

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## Deadlift with Resistance

REPS: 10 | SETS: 3 | WEEKLY: 3x | DAILY: 1x

### Setup

- Begin in a standing upright position with holding both ends of a resistance band that is anchored under your feet.

### Movement

- Bend at your hips and knees, lowering your arms toward the ground, then stand back up, engaging your back and thigh muscles and pulling up on the resistance band with your arms straight.

### Tip

- Make sure to keep your abdominals tight and back straight during the exercise.

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## Squat with Resistance at Thighs

REPS: 10 | SETS: 3 | WEEKLY: 3x | DAILY: 1x

### Setup

- Stand with your feet slightly wider than shoulder-width apart and a resistance band or loop secured around your lower thigh just above the knee.

### Movement

- Bend at your knees and hips, lowering your body toward the ground to perform a squat, then return to your starting position.

### Tip

- Make sure to keep your back straight by bending at the hips. Do not allow your knees to collapse inward during the exercise.

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## Seated Leg Press with Resistance

REPS: 10 | SETS: 3 | WEEKLY: 3x | DAILY: 1x

### Setup

- Begin sitting upright in a chair holding both ends of a resistance band that is looped around the bottom of your foot.

### Movement

- Lift your leg off the ground. Then straighten your knee, pressing against the resistance band. Repeat this movement without lowering your leg to the ground again.

### Tip

- Make sure to keep your back straight and maintain tension in the band during the exercise.

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## Side Stepping with Resistance at Ankles

REPS: 10 | SETS: 3 | WEEKLY: 3x | DAILY: 1x

### Setup

- Begin standing upright with a resistance band looped around your ankles. Bend your knees slightly so you are in a mini squat position.

### Movement

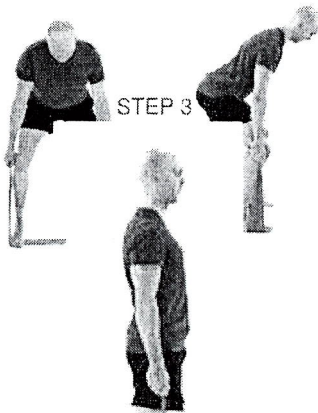
- Slowly step sideways, maintaining tension in the band.

### Tip

- Make sure to keep your feet pointing straight forward and do not let your knees collapse inward during the exercise.

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## Standing Mini Squat with Resistance

REPS: 10 | SETS: 3 | WEEKLY: 7x | DAILY: 1x

### Setup

- Begin in a mini squat position with a resistance band looped under both feet and the ends held in each hand. Your arms should be straight, with a small amount of tension in the band.

### Movement

- Slowly stand up straight, keeping your trunk stiff and pulling against the band with your upper body.

### Tip

- Make sure you are bending at your hips, and keep your back straight during the exercise. Focus on using your back muscles to stand up straight, your knees can stay slightly bent.

STEP 1



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## Hip Extension with Resistance Loop

REPS: 10 | SETS: 3 | WEEKLY: 3x | DAILY: 1x

### Setup

- Begin in a standing upright position with a resistance band looped around your ankles, holding a stable object for balance.

### Movement

- Lift one leg backward, keeping your knee straight. Then bring it back to the starting position and repeat.

### Tip

- Make sure to keep your abdominals tight and your back straight during the exercise.